

MENTAL HEALTH & WELLBEING TRAINING - GG&C

Looking After Your Wellbeing

Course duration: 1.5hr

We will cover:

- Identify your own responsibilities in creating a mentally healthy workplace
- Understand stress, what this looks like for you, and ways to manage
- Understand the impact of poor wellbeing on yourself, your workplace and your society
- Utilise tools and understand signposting to look after your wellbeing

Course	Date	Time	Platform
Looking After Your Wellbeing	25/07/2023	10-11.30am	Microsoft Teams
	26/09/2023	2-3.30pm	Microsoft Teams

Trauma and Mental Health

Course duration: 3hr Virtual/6hr Classroom

This course aims to provide participants with the confidence and skills to spot potential trauma and to adopt a trauma informed approach when supporting others.

We will cover:

- The definition of trauma and its impact in our communities
- The relationship between trauma and our mental health
- Coping strategies adopted by those impacted by trauma and how to advocate safe coping strategies
- Trauma and the brain; the relationship and impact
- Triggers and creating trauma informed environments
- The principles of trauma informed practice

Course	Date	Time	Platform/Location
Trauma and Mental Health	11/07/2023	9.30am-1pm	Microsoft Teams
	06/09/2023	10am-4pm	SAMH, Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ
	14/11/2023	9.30am-1pm	Microsoft Teams

Introduction To Suicide Prevention

Course duration: 2hr

We will cover:

- Have deeper insight into current prevalence and statistics around suicide
- Be able to spot signs which may be associated with suicide, and discuss helpful questions which clarify suicide
- Identify the power of listening and the importance of signposting as a key element for support
- Understand the importance of keeping yourself safe

***Please note that this session is only an introduction to suicide prevention, and does not go into lengthy detail around carrying out a suicide intervention. The use of virtual platforms cannot guarantee a confidential safe-space. Please refer to our classroom taught courses for more information on Suicide Prevention training.*

Course	Date	Time	Platform
Introduction to Suicide Prevention	27/07/2023	10am-12pm	Microsoft Teams
	22/08/2023	2-4pm	Microsoft Teams
	06/09/2023	10am-12pm	Microsoft Teams

Mental Health: Supporting Others**Course duration: 2hr virtual/6hr classroom**

Recommended for anyone who would like further support and guidance on having conversations in relation to mental health and wellbeing. The course increases awareness of mental health problems, moving along the mental health continuum, and preparing for having the conversation.

We will cover:

- Understand what mental health and wellbeing is
- Understand the most common mental health problems, and how they may manifest in others
- Identify early warning signs and triggers of poor mental health
- Create a safe space to confidently facilitate a conversation around mental health

Course	Date	Time	Platform/Location
Mental Health: Supporting Others	19/07/2023	10am-4pm	SAMH, Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ
	31/08/2023	10am-12pm	Microsoft Teams

Scottish Mental Health First Aid**Course duration: 2 days (9.30am-5pm both days)**

The course does not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress.

Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found.

We hope to help you understand:

- Guidance on being a Mental Health First Aider
- Attitudes to mental health issues
- Equalities
- The recovery message
- The impact of alcohol and drugs on mental health
- Introduction to suicide intervention
- Listening skills
- Understanding depression
- How to offer first aid to someone experiencing depression
- Understanding anxiety
- How to offer first aid to someone experiencing anxiety
- Understanding psychosis
- How to offer first aid to someone experiencing a psychotic episode

Course	Date	Time	Location
Scottish Mental Health First Aid	08/11/2023 & 09/11/2023 (2-day course)	9am-5pm	SAMH, Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ
	15/11/2023 & 16/11/2023 (2-day course)	9am-5pm	Eastbank Training Centre, 22 Academy Street, Glasgow, G32 9AA

ASIST (Applied Suicide Intervention Skills Training)
Course duration: 2 days (9.30am-5pm both days)

LivingWorks Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

We hope to help you understand:

- the ways that personal and societal attitudes affect views on suicide and interventions
- suicide first aid to a person at risk in ways that meet their individual safety needs
- the key elements of an effective suicide safety plan and the actions required to implement it
- the value of improving and integrating suicide prevention resources in the community at large
- other important aspects of suicide prevention including life-promotion and self-care

Course	Date	Time	Location
ASIST	11/09/2023 & 12/09/2023 (2-day course)	9am-5pm	Eastbank Training Centre, 22 Academy Street, Glasgow, G32 9AA
	06/12/2023 & 07/12/2023 (2-day course)	9am-5pm	Eastbank Training Centre, 22 Academy Street, Glasgow, G32 9AA

Please note, all courses will run for the duration outlined above, so please only book on to these courses if you are able to stay for the full duration.



HOW TO BOOK

To book onto courses offered on this flyer please email; workplace@samh.org.uk with the following information;

- **Name**
- **Job Role**
- **Organisation**
- **HSCP Area - If you are based in Glasgow, please specify if it's the North East, North West or South.**
- **Managers Name & Email**

If you have any additional support needs, please advise when booking onto courses.